





SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE JUNE-2014



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Spring Vegetable Soup BBQ Beef Steak On a Steak Roll Tater Tots Baby Carrots Saltine Crackers Fresh Fruit	3	Rosemary Chicken Rice Pilaf Squash Medley Whole Wheat Bread Tropical Fruit	4	Orange Pineapple Juice Roast Pork Loin w/Gravy Mashed Sweet Potatoes Spinach 12-Grain Bread Homemade Cookie	5	Meatballs w/Italian Sauce Ziti w/Marinara Sauce Parmesan Cheese Italian Green Beans Garden Salad w/Cherry Tomatoes/Cucumbers Ranch Dressing Italian Bread Peaches	6	Stuffed Salmon w/Newburg Sauce Wild Rice Broccoli Normandy Wheat Bread Fruit Cocktail
9	Chicken Cacciatore Parslied Bowties Italian Mixed Vegetables Whole Grain White Bread Tropical Fruit	10	Salisbury Steak w/Mushroom Gravy Fluffy White Rice Brussel Sprouts Pumpernickel Bread Pineapple Tidbits	11	Lentil Soup Breaded Veal Patty w/Gravy Baked Potato Broccoli Florets Rye Bread Fresh Fruit	12	CRT FATHER'S DAY MEAL Cran-Orange Juice Roast Turkey w/Gravy Cornbread Stuffing Peas & Diced Carrots Cranberry Sauce Wheat Dinner Roll Three-Layer Lemon Cake	13	Macaroni & Cheese Stewed Tomatoes & Zuchini Tossed Salad w/Tomatoes & Cucumbers Italian Dressing Club Roll Peaches & Pears
16	Meatloaf w/Vegetable Gravy Garlic Smashed Potatoes Whole Green Beans 100% Whole Wheat Bread Fruit Cocktail	17	Buttercrumb Fish Filet Multi-Grain Roll Tartar Sauce Baked Sweet Potato Hawaiian Coleslaw Fresh Fruit	18	Hearty Vegetable Soup Cheesy Vegetabl3 Lasagna Mixed Salad Greens w/Tomatoes/ Cucumbers & Onions Raspberry Vinaigrette Dressing Club Roll Pineapple Tidbits & Mandarins	19	Orange Juice Roast Beef w/Gravy Mashed Potatoes w/Chives Mixed Vegetables Wheat Bread Peach/Cherry Crisp	20	Herbed Roasted Chicken Quarter w/Broth Rice Medley Prince Edward Vegetables 12-Grain bread Applesauce
23	Minestrone Soup Grande Cheese Ravioli w/Tomato Sauce Salad Greens w/Tomatoes & Cucumbers French Dressing Italian Bread Fresh Fruit	24	Braised Beef w/Onions/Peppers & Mushrooms Egg Noodles California Blend Vegetables Wheat Dinner Roll Tropical Fruit	25	NATIONAL CHOCOLATE PUDDING DAY! Orange-Pineapple Juice Roast Turkey w/Gravy Parslied Potatoes Whole Baby Carrots 12-Grain Bread Chocolate Pudding w/Vanilla Wafers	26	Country Style Vegetable Soup Tuna Fish Salad On Onion Deli Roll Leaf lettuce Sliced Tomatoes 3-Bean Salad Sweet Potato Fries Sliced Peaches & Pears	27	Veal Piccata Mashed Potatoes Capri Blend Vegetables 100% Whole Wheat Bread Pineapple Tidbits
30	Mandarin Chicken White & Brown Rice Orienal Vegetables Wheat Bread Fruit Cocktail								

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of **age or older and their spouses.**
All meals are served with milk, bread and margarine. **DONATIONS: \$2.50 (or whatever you can afford)**